

AtlanticView

at Hackettstown | Fall 2021



INFUSION TEAM'S
COMPASSIONATE
CARE EASES FEAR

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YOUR GYNECOLOGIST
IS ONE OF YOUR MOST
VALUED HEALTH PARTNERS

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Atlantic Health System
Hackettstown Medical Center



LETTER FROM THE PRESIDENT

Greetings,

As the number of people vaccinated against COVID-19 continues to rise throughout our region, and we encourage all to get their vaccine, we are happy to offer a digital vaccine card through MyChart.

We're proud to announce that Hackettstown Medical Center has been nationally recognized by *U.S. News & World Report* for high-quality care for stroke and kidney failure. Atlantic Health System has again been named to the *Fortune* Great Place to Work® list.

In this issue of *AtlanticView*, you'll meet a young patient with blood cancer whose father was so grateful she could receive chemotherapy at the nearby Outpatient Infusion Center at Hackettstown Medical Center, and for the personal care and support offered there. There's a new partnership between Atlantic Health System and NYU Langone to provide pre- and post-treatment care for heart and liver transplant patients close to home. Women will learn that their gynecologist is there for them at all stages of their life.

Enjoy the fall and winter, stay safe, and know that Hackettstown Medical Center will continue to be here for your needs, whatever they may be.



Robert Adams, FACHE
President, Hackettstown and
Newton Medical Centers

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Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation Institute. The six medical centers have a combined total of 1,841 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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OFFICIAL
HEALTH CARE
PARTNER



WE WANT TO HEAR FROM YOU

Would you like to share your experience at Hackettstown? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

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CEO's corner



Extraordinary Caring, Expanded Access

A major element of our mission to build healthier communities involves expanding access to high-quality care for patients and families across New Jersey.

In this edition, you'll learn about Atlantic Health System's strategies for making care more convenient and delivering innovative medicine close to home.

The latest development in our unique partnership with CentraState Healthcare does just that, welcoming nearly 50 new physicians and their teams to Atlantic Medical Group, providing primary care, women's health, respiratory and other specialties.

Improving access to lifesaving medicine was the inspiration for our promising new heart and liver transplant partnership with NYU Langone Health. It is also the driving force behind our pioneering clinical trials and investigational therapies, offering new hope to patients at the forefront of genomic medicine.

On behalf of the entire Atlantic Health System family, thank you for entrusting us with your care.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System



13 YEARS IN A ROW

ATLANTIC HEALTH SYSTEM MARKS 13TH CONSECUTIVE YEAR ON *FORTUNE'S* '100 BEST COMPANIES TO WORK FOR®' LIST

In a year like no other, Atlantic Health System has overcome unprecedented challenges to deliver innovative, high-quality care while maintaining an award-winning workplace.

For the 13th consecutive year, Atlantic Health System has once again been named to Great Place to Work® and

Fortune's list of the "100 Best Companies to Work For®," ranking No. 67, and is the only New Jersey-based health care company on *Fortune's* list.



Sparta Urgent Care

📍 372 Lafayette Road,
Suite 101
Sparta, NJ 07871

📞 973-383-9898

Hours: Monday–Sunday
7:30am to 5:00pm

Newton Urgent Care

📍 181 High Street,
Newton, NJ 07860

📞 973-383-9898

Hours: Monday–Sunday
9:00am to 8:30pm

HACKETTSTOWN MEDICAL CENTER

Nationally Recognized for High-Quality Care by
U.S. News & World Report



Atlantic Health System and NYU Langone Health ANNOUNCE PARTNERSHIP ON ORGAN TRANSPLANTATION

Health systems coordinate transplant care for heart and liver patients

The nationally recognized NYU Langone Transplant Institute has teamed up with the nationally ranked Heart Care program at Morristown Medical Center's Gagnon Cardiovascular Institute and the pioneering liver services at Overlook Medical Center to give patients greater access to organ transplants and the high-quality, coordinated care needed to stay healthy.

PARTNERSHIP

"This new affiliation will strengthen our acclaimed cardiac program, while significantly enhancing our ability to care for patients with advanced liver disease," says Atlantic Health System president and CEO Brian Gagnolati. "Our patients will now have access to one of the nation's leading transplantation programs, with expert care both in New York and close to home in New Jersey that will ensure continuity of care and the best outcomes."

ELIGIBILITY

Eligible patients will receive comprehensive pre- and post-transplant care from Atlantic Health System's top-ranked hospitals and health care providers and have transplants performed through the renowned NYU Langone Transplant Institute.

"This new partnership will elevate transplant care for thousands of New Jersey families – and save many lives," says Robert Montgomery, MD, DPhil, director of the NYU Langone Transplant Institute and the H. Leon Pachter Chair of Surgery at NYU Langone.

HEART PATIENTS

Pre- and postoperative care for heart transplant patients at Morristown Medical Center's Heart Failure program will be provided by a multidisciplinary team including physicians, advanced practice nurses, and registered nurses, led by Abhishek Singh, MD, PhD, who is triple-board-certified in internal medicine, cardiology, and advanced heart failure and transplant cardiology.

LIVER PATIENTS

Overlook Medical Center and NYU Langone will develop a liver transplant service to diagnose and treat a broad spectrum of liver disease, led by Harmit S. Kalia, DO, a board-certified hepatologist and director of liver transplant outreach at NYU Langone, who will join Overlook's staff while continuing to practice at NYU Langone. Most pre- and postoperative care for liver transplant patients can be provided at Overlook, which offers a full radiological suite of services, including interventional radiologists who treat advanced liver disease, led by Yousaf Mahmood, MD, who is board-certified in diagnostic, vascular and interventional radiology. ▲

For more information, visit atlantichealth.org/transplant or call the Atlantic Health Liver Disease and Transplant program at 908-522-5040. For heart transplant, call 973-971-4179.

GET YOUR DIGITAL VACCINE CARD

Atlantic Health System patients can now download a verified digital version of their vaccine card from their mobile device. It's free, fast and secure.

And through our free partnership with CLEAR, you can seamlessly gain access to CLEAR Lanes at participating sports stadiums, events and venues nationwide.

Learn more at atlantichealth.org/vaccinecard.



QR code will take you to digital proof of vaccination options.

INFUSION TEAM'S COMPASSIONATE CARE EASES FEAR

A GRATEFUL FATHER'S STORY

Lauren Aaron, a carefree, 21-year-old college student was diagnosed with Non-Hodgkin's lymphoma in November of 2020. An intense battle against her illness began quickly.

For nearly two weeks, Lauren was an inpatient at Morristown Medical Center, but due to COVID-19 restrictions, visitors were not permitted. The long days and high stress understandably began to take their toll on Lauren and her family.

"It was quite an overwhelming and scary experience for my daughter and our family," says Lauren's dad, Larry Aaron, of Long Valley. "It's never fun going to doctors and hospitals, but it's even worse when you have cancer."

Lauren's second round of chemotherapy was due to start the week between Christmas and New Year's, and rather than have Lauren treated as an inpatient, the family arranged with Lauren's oncologists, Advanced Care Oncology & Hematology Associates (ACOHA), to have her chemotherapy done through the Outpatient Infusion Center at Hackettstown Medical Center.

The center is close to home and well-respected, but Larry worried that setting up a new, complex 24-hour chemo regimen during a holiday week and during a time of short staffing due to COVID could prove challenging. "But, that's where the story got great..." explains Larry.

Joanie O'Leary, nurse manager for Hackettstown Medical Center's Outpatient Infusion Center "stepped up, way above and beyond," says Larry. "Joanie was on top of the details, and we felt valued and cared for in a way I can never thank her for enough."

"It all worked out, but only because Joanie and her staff cared enough to make it work out. That was one of the first things that made me realize we were in great hands," says Larry.

According to Larry, Joanie and her team adjusted scheduling so that Lauren was easily able to do her chemo on an outpatient basis, even opening the Infusion Center to her on New Year's Day, when they were slated to be closed.

"You'd think Lauren would have been miserable, having to be at the hospital so often for six rounds of chemotherapy — sometimes for hours at a time — but she wasn't," says Larry. "The care was so personal, and they made her feel so comfortable. Knowing you're in good hands is priceless."

"The entire Infusion Center team was amazing — Joanie, Michelle, Rochelle, Denise, Kirstin and Karen; as well as Jennifer



Michelle Perkalis, RN - Infusion; Denise Garino - Front Desk Medical Office Associate; Lauren; Karen Lance, RN - Infusion; and Joanie O'Leary, RN - Infusion Center Nurse Manager.

and Jessica in the ACOHA office; and oncology educator Kirstin — they're great caregivers and they're great people."

He adds, "Dr. Rao and her entire ACOHA team have given us all of the care, support and insights we've needed through this journey, as well - they've been absolutely great."

Larry says he and his family have learned that the oncology program at Hackettstown Medical Center offers the same high-level treatment protocols and state-of-the-art medications as found at Morristown Medical Center and other larger facilities.

"Lauren's experience has really opened my eyes and truly changed my perception of oncology care at a smaller hospital. I don't think the oncology care can be better than what we experienced here at Hackettstown," says Larry.

There is a bell in the Outpatient Infusion Center that, when rung, signifies the end of cancer treatment. In July, Lauren joyously rang that bell as her family and caregivers looked on with tears in their eyes. Even better, at the time of this writing, a newly 22-year-old Lauren was back at college — ready to resume her charge toward a bright, promising and healthy next chapter.

It was important to Larry that the Infusion Center staff and all of Lauren's caregivers at Hackettstown Medical Center be recognized for all they have done for Lauren and his family.

"These shining stars made the worst time of our lives a bit easier to bear," says grateful dad Larry. "They allowed us to focus less on worrying about the day-to-day issues of Lauren's care, and more on hope and looking forward to Lauren's healthy future. Can it get any better than that?" ▲

ATLANTIC MEDICAL GROUP

Dr. Maithili Rao and Advanced Care Oncology & Hematology (ACOHA) are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. She can be reached at 973-379-2111.

Your Gynecologist Is One of Your Most Valued Health Partners

It's time to start taking care of you

The pandemic disproportionately impacted women's health. Along with a decrease in women getting regular health screenings, there was an increase in women – especially mothers – putting their own physical health and mental well-being on the back burner. According to Archana Sonig, MD, “many women have been holding back their birth control plans, necessary surgeries and pressing physical issues, such as heavy periods, just to avoid coming to offices. Those can now be addressed safely. Women, including adolescents, have been facing depression and anxiety issues due to new ways of living, such as remote schooling and working from home. Having ‘me’ time is essential.”



GET BACK ON TRACK

Dr. Contreras says there has been a drop-off in women getting routine screenings. “From mammograms to visiting the dentist, it's time to start taking care of you,” she says. Take stock of which appointments and screenings you've missed. “If you need to get a mammogram or a colonoscopy, don't schedule them the same week. It's OK to spread them out,” says Dr. Contreras, medical director of OB/GYN and Women's Health, Atlantic Health System. She is dual board-certified in both gynecology oncology and obstetrics and gynecology.

“Make an inventory of your health; then start working on that list slowly. Small goals like beginning to walk for exercise can have a huge impact.”



TURN TO YOUR GYN

Your gynecologist can discuss all of the issues that affect your overall health. For that reason, Dr. Contreras advises women to turn to their gynecologist for much more than routine Pap smears. “For a lot of women, the gynecologist is their primary care physician,” she says. “The conversation should go beyond sexual health and reproduction. We need to empower women to talk about osteoporosis, breast health, anxiety and depression. It should encompass the whole woman – her emotional and medical needs.”



KNOW THE FACTS

Getting vaccinated is one proactive thing women can do to take charge of their health, and Dr. Contreras says that many of the fears surrounding COVID-19 vaccines are unfounded. “I think it's really important that women get science-based information. There's no science behind the whole idea of infertility and the vaccine,” she says. “We do know that millions of women have been fully vaccinated in the U.S., and that it's safe and effective.”



DO A MENTAL HEALTH CHECK-IN

When it comes to our mental health, Elana Monchar, MD, Department of Psychiatry, Atlantic Health System, says there are a few things we can all do to feel better. “Setting a routine and sticking to it – that's really necessary in a world where we feel out of control,” she says.

What you put in your body can affect your mental health, too. “Fuel your body with nutritious, well-balanced foods,” says Dr. Monchar, who is board-certified in psychiatry. She also suggests prioritizing sleep. “It's hard to function at your optimum when you're sleep-deprived.”



FIND HEALTHY WAYS TO MANAGE STRESS

Therapy can be the right choice for some women and has become even more accessible due to telehealth, says Dr. Monchar. Activities such as coloring, kickboxing, gardening or going out for a stroll can also help keep stress in check.

“It's going to take time to get back to a lot of things we did pre-pandemic,” she says. “You don't have to do everything today. Give yourself time. Women have gone through a lot.” ▲

ATLANTIC MEDICAL GROUP

Dr. Sonig is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org.

WOMEN'S HEALTH AT SPARTA

89 Sparta Avenue, Suite 205, Sparta, NJ 07871
973-383-8555

Lighting Up the Holidays!

Please plan to join the Hackettstown Medical Center family for our annual Holiday Lights Festival on Saturday, November 20. As a drive-through event this year, we'll gather to celebrate the start of the holiday season and festively light the hospital campus to bring joy to our patients and the community! Santa and friends will be on hand to greet vehicles as they drive through and receive a goody bag.

Each year, the Holiday Lights Festival celebrates those who have made a positive impact toward the progress of Hackettstown Medical Center. This year's honoree is Michael Selvaggi, longtime area resident, Foundation Board member, community volunteer, and founding partner of Lavery, Selvaggi, Abromitis & Cohen. The evening will also include special recognition of our very own health care heroes – Hackettstown Medical Center's dedicated staff of caregivers.

NEW THIS YEAR: For just \$30, you and yours can be part of the Holiday Lights Festival by sponsoring a String of Lights. With that donation, your family's name will be displayed on a banner at the hospital's West Wing entrance for the entire year.

You can also sponsor a Lighted Tree or Holiday Wreath in memory/in honor of loved ones. All proceeds remain local to support Hackettstown Medical Center. ▲

All are welcome to participate. For more information and to purchase lights, visit atlanticealth.org/holidaylights or call the Foundation office at 908-850-6876.



community calendar Fall 2021

Welcome to your Hackettstown Medical Center Community Calendar. Due to COVID-19, many of our classes will be held virtually or rescheduled. Call the telephone number listed or email the contact person for more information. **Please visit atlanticealth.org/calendar for up-to-date information.**

BEHAVIORAL HEALTH

For up-to-date information, call 1-888-247-1400.

CANCER CARE

First Friday of the month, 2:00-3:00pm

VIRTUAL CANCER SUPPORT GROUP

DIABETES AND NUTRITION

For up-to-date information, call 908-441-1258.

Wednesday, October 20, 9:00am-3:00pm;
Wednesdays, November 10 and 17, 9:00am-Noon

DIABETES EDUCATION CLASSES

Third Tuesday of the month, Noon-1:00pm. Call 973-579-8341 for topics and register to receive Zoom link.

DIABETES SUPPORT GROUP

First Wednesday of the month. Call 973-579-8341 for more information.

WEIGHT LOSS SURGERY GROUP

PARENTING AND CHILDBIRTH

Parent Ed now has Childbirth Education, Breastfeeding and Baby Care on Zoom (various dates). Register online at atlanticealth.org/classes.

Third Saturday of the month, Noon

VIRTUAL MINDFUL PREGNANCY

PULMONARY

For up-to-date information on tobacco cessation classes and Better Breathers Support Group, call 908-579-8797, option 3.

Atlantic Health System
475 South St.
Morristown, NJ 07960-6459

For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlanticehealth.org/doctors.



AskHer Because:

She should know the
major risk factors for
developing breast cancer.



*Schedule your
Annual Mammogram*

Risk Factors:

- Being female
- Getting older
- Family history
- Combined hormone therapy
- Dense breasts
- Being overweight or obese
- Drinking alcohol

Did you know that the main factors that influence your risk of getting breast cancer include being a woman and getting older? Mammograms can help detect cancer early.



**Don't wait, book your
mammogram online,
or call 973-829-4263**